

News Release



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CONTACT:

Pati Brown
(916) 653-8776

**California State Parks' *Take a Hike -- City Walks Sacramento*
Offers Monthly Walks for Downtown Employees**

SACRAMENTO – Starting on Tuesday, California State Parks' will host monthly walks for downtown employees as part of its *Take a Hike – City Walks Sacramento* program. Walkers will leave from the Capitol near the corner of 10th and N Streets at noon, and do so again every third Tuesday thereafter through October.

“Physical activity is essential for good health, said Deputy Director Sedrick Mitchell, chairman of the State Parks Health & Wellness Committee. “We encourage our employees and others to walk during the lunch hour and lengthen their walks each month.

“Often we see employees walking Capitol Park (City Walk #1) on breaks. Offering a program of longer and varied walks keeps people interested and building their endurance. Exploring a new route is more fun when done with others,” said Mitchell.

Take a Hike – City Walks Sacramento is part of California State Parks' *Take a Hike* program which encourages people, especially in urban areas, to use their local and parks like an outdoor fitness club. *Take a Hike – City Walks* is expanding through city and county departments of parks and recreation as an inexpensive employee-based lunch- and break-time fitness program.

Many of the routes lead the walker to a state park or city park. Brochures and walking/hiking maps and schedules are available at www.parks.ca.gov/takeahike . The program is endorsed by the Governor's Council on Physical Fitness and Sports.

(more)



Take a Hike City Walks - Sacramento Schedule – 2006

DAY/DATE	HIKE	DESCRIPTION	LENGTH
Tues. May 23	#3	Victorian Homes	1.7 miles
Tues. June 20	#5	Fremont Park	1.6 miles
Tues. July 18	#6	Crocker Museum	1.7 miles
Tues. Aug. 15	#7	Southside Park Walk	2.2 miles
Tues. Sept. 19	#9	Towe Auto Museum & Riverfront Walk	2.7 miles
Tues. Oct. 17	#10	Sutter's Fort SHP	3.1 miles

All walks leave from the southwest corner of the Capitol (near 10th and N Streets) at noon.
Look for the "Take a Hike – City Walks Sacramento" sign. Walks are done on personal time.
Remember your water & walking shoes. www.parks.ca.gov/takeahike